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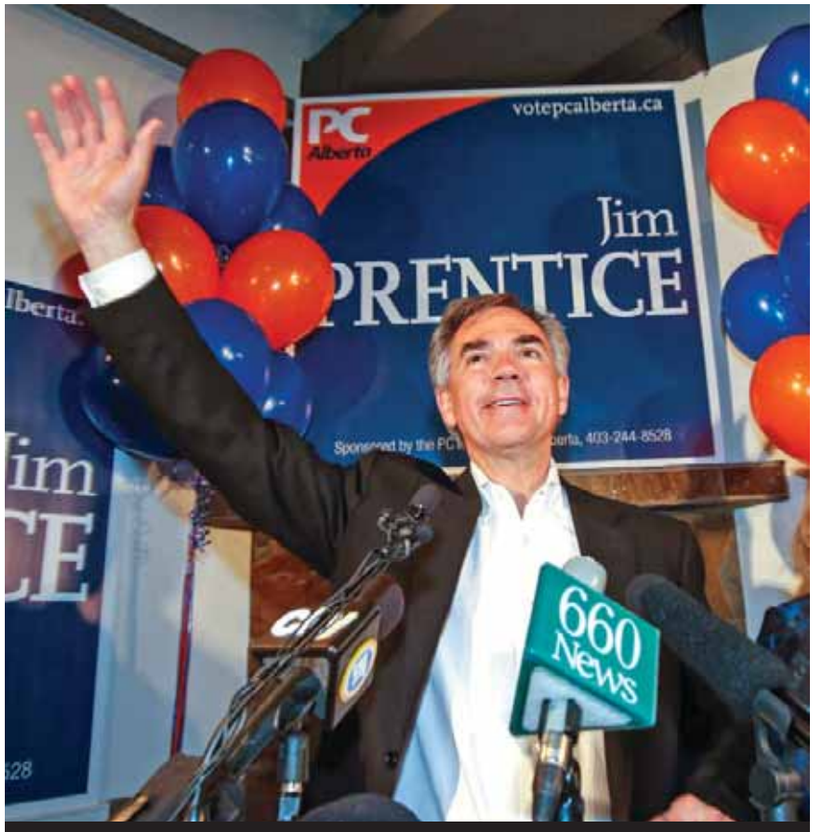

Alberta Premier Jim Prentice celebrates after winning a seat in the provincial legislature following a byelection in Calgary, Monday. Former MP and Progressive Conservative cabinet minister Prentice defeated Wildrose candidate Kathy Macdonald in Calgary-Foothills. The Conservatives won all four byelection races. JEFF MCINTOSH/THE CANADIAN PRESS

Prentice, PCs sweep all four byelections

Message sent.
Albertans say they're OK with the governing party, under new leadership

ROBSON FLETCHER
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Alberta's official Opposition urged Calgary and Edmonton residents to "send the PCs a message" in four byelections on Monday and voters did exactly that — it just wasn't the message the Wildrose had been hoping for.

The governing PCs swept to victory in all four constituencies, by a large margin in the case of Premier Jim Prentice, who handily earned his seat in Calgary-Foothills.

"Albertans want a lot more action and a lot less talk; they want a lot less politics and a lot more government," Prentice said in his victory address. "We're on the right path and we know the work has just begun"

Education Minister Gordon Dirks also earned a seat, albeit by a much narrower margin, in Calgary-Elbow.

"I think we won because we have a tremendous leader in Premier Jim Prentice," Dirks said, to thunderous applause from the crowd of supporters at his campaign headquarters in the Calgary community of Mission.

Health Minister Stephen Mandel was also handily elected in Edmonton-Whitemud, while Mike Ellis won a close race in Calgary West.

Votes by party

Unofficial vote totals per party across all four byelections

- PC — 21,951 (44%)
- WRP — 13,808 (28%)
- LIB — 4,946 (10%)
- NDP — 4,402 (9%)
- AP — 4,091 (8%)
- GPA (2 races) — 356 (1%)
- IND (1 race) — 23 (<1%)

WITH FILES FROM JEREMY NOLAIS AND YASMIN JASWAL

For full election coverage, head to pages 4 & 5

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NEWS 1

Brief illness

Rod Love, friend and adviser to Ralph Klein, dead at 61

Rod Love, a longtime pal and political adviser of former Alberta premier Ralph Klein, has died.

Friends said he died late Sunday, a few weeks after posting on his blog that a cancerous tumour had been found in his upper body during a routine physical exam. Love, who was 61, wrote that he had started medical treatment in Calgary and was prepared for a fight.

Love first helped guide Klein's political career when Klein was elected Calgary mayor in 1980. He then took on the role of Klein's chief of staff as Klein moved from civic to provincial politics and was eventually crowned premier. Klein ran the province from 1992 to 2006. He died in 2013 at 70.

Love made a bid for elected office himself when he ran for the provincial Tories in Calgary in 1989, but lost. A decade later, he left Klein's side and started a consulting company specializing in strategic planning, communications and government relations.

He was married with three children. His family said in a statement that he had a powerful impact not only in politics, but at home.

Kelley Charlebois, executive director of Alberta's Progressive Conservatives, said on the party's website that the Tories have lost an icon in Alberta.

THE CANADIAN PRESS

A worker is seen at the construction site of the new northeast Calgary high school. YASMIN JASWAL/FOR METRO

First of Redford's 50 schools underway

Skepticism endures. Opposition still doubts the bulk of former premier's pledged facilities will open in 2016

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While much talk in recent days has centred around sod-turning ceremonies for new Calgary Catholic schools still months away from starting construction, crews have actually been busy quietly working on the city's planned northeast public high school for months.

The new facility is the first of 50 pledged by former premier Alison Redford to begin construction and will likely force opposition parties to rewrite their talking points at future infrastructure announcements — in early October, when the province announced an additional 55 Catholic and public schools, critics were quick to point out that none of the previously announced sites had begun construction.

But Tracy Larsen, a spokeswoman for Alberta Infrastructure, said construction on the massive northeast high school, which Calgary Board of Education officials said could cost up to $45 million, actually began in July, 14 months after it was announced by Redford.

When asked about the lack of fanfare surrounding the start of construction, Larsen said, "We will be looking at celebrating significant milestones along the way."

"The Alberta government knows that new and modernized schools are needed throughout the province," Larsen said. "And that's exactly what's being done."

Work has also begun on four school modernizations and three replacement sites in smaller Alberta communities, which will count toward 70 facility upgrades pledged by Redford.

One project, the modernization of Ecole Citadelle for the Greater North Central Francophone school in Legal, has actually been completed already, Larsen said.

Bruce McAllister, Wildrose education critic, said he had heard word of a ground-breaking on Calgary's new high school, but added, "You'll forgive me for not breaking out the pompoms."

"One for 50 is hardly cause for celebration," McAllister said. "Start building the schools you promised and I'll be the first in line to thank you."

Kent Hehr, the Alberta Liberals' education critic, echoed the sentiments of his opposition peer.

"We knew the schools were going to start coming eventually, but the speed in which they're coming doesn't give me great confidence we are serving the students of today the best we can," he said.

Controversy

Alberta Education Minister Gordon Dirks was criticized Friday for attending three sod-turning ceremonies for Calgary Catholic School District facilities while also campaigning for the vacant Calgary-Elbow MLA seat.

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Cop tops ex-trustee in Calgary West race

Nailbiter. Mike Ellis wins by about three per cent in the tightest contest of four

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Wildrose Leader Danielle Smith, centre, is seen with Calgary West candidate Sheila Taylor, left, and Calgary-Elbow candidate John Fletcher at the party's headquarters Monday night. The party failed to secure a seat in four byelections, finishing second in two contests and third in two others. JEREMY NOLAIS/METRO

Police Sgt. Mike Ellis locked up a win for the Progressive Conservatives in Calgary West Monday, in what proved to be the tightest Alberta byelection contest of the evening.

Ellis ran neck-and-neck with Wildrose candidate and former Calgary Board of Education trustee Sheila Taylor as the poll numbers trickled in, but pulled out a victory by about three per cent, just a quarter of the margin of victory the Tories had in the 2012 general election.

Ellis said he expected to meet with police brass in short order to discuss his new job, but conceded he'll likely hang up his badge — for the time being at least.

Ellis said "face-to-face contact" was key in his campaign and paid credit to the leadership of Premier Jim Prentice.

"In my opinion, people are believing him and believing in his direction for Alberta in the future," Ellis said.

Taylor, meanwhile, had originally hoped to take an unpaid leave from the Calgary board, but later said she was forced to resign because a legal opinion provided by the organization didn't allow her to ignore her fiduciary duties as a trustee.

On Monday night, she told reporters she was happy with her actions and said her focus would be spending time with her kids before deciding whether to run again.

Taylor's sharpest criticism wasn't directed at Ellis, however, but rather Alberta Education Minister Gordon Dirks, who was successful in the Calgary-Elbow race.

Last week, Metro first reported that Dirks approved two modular classrooms for William Reid School, ignoring six schools ranked as being of higher need by the CBE.

"We tried very hard on the school board to take politics out of school board decisions, to make it about doing the right thing for students … what we saw from Mr. Dirks just in the last week was a case where he put his own personal interests ahead of the interests of Calgary students," Taylor said, her remarks receiving a thunderous round of applause from the dozens of supporters gathered at the Wildrose's Calgary West/Calgary-Elbow headquarters.

Tallied up

Calgary West unofficial voting results at press time:

- **Total votes:** 10,898
- **PC, Mike Ellis:** 4,843
- **WRP, Sheila Taylor:** 4,528
- **LIB, David Khan:** 926
- **NDP, Brian Malkinson:** 36
- **AP, Troy Millington:** 265

Prentice captures Calgary-Foothills

It was a sea of blue in Calgary-Foothills for PC leader and Alberta Premier Jim Prentice in Monday's byelection, with almost 7,000 of 11,500 eligible voters casting for Prentice to be their MLA.

Prentice won his riding with 6,898 votes, almost double the number of votes second-place Wildrose Party candidate Kathy Macdonald received.

"These elections have been about talking to people," said Prentice, adding that he knocked on 5,000 residents' doors during his campaign. "We heard Albertans loud and clear. We're well aware as a party of the challenges we face."

Prentice promised the crowd he would begin working on balancing these challenges first thing Tuesday morning.

"We're never going to take Albertans for granted," he said.

More than 11,500 people and the Liberal Party earned third place with 458 votes, and the New Democratic Party followed closely behind with 444 votes.

NDP candidate Jennifer Burgess, who earned 444 votes, believes that her team ran a solid campaign, and for her, that's a step in the right direction.

"There are lots of definitions of success," said Burgess. "I think we've already succeeded. We've gotten more fundraising, new volunteers and a new energy."

Michelle Glavine, the Alberta Party candidate for Calgary-Foothills, who garnered 212 votes, had a similar sentiment.

"I've really enjoyed the opportunity. The Alberta Party is more well-known in the area now," said Glavine. "I think no matter what happens, it's a success."

YASMIN JASWAL/FOR METRO

Education Minister Gordon Dirks takes Calgary-Elbow

Now an MLA. Formerly unelected cabinet minister picks up seat in legislature

ROBSON FLETCHER
robson.fletcher@metronews.ca

Education Minister Gordon Dirks now has a mandate, and a constituency.

Dirks, who was handed the education portfolio by Premier Jim Prentice despite not having a seat in the legislature, earned that seat Monday by winning just over 33 per cent of the vote in Calgary-Elbow.

"I think we won because we won because we have polices that resonate with Albertans," he said.

Specifically in his constituency, Dirks said, "the four priorities that kept on coming up over and over" were flood mitigation, education, long-term care beds for seniors, and expanded market access for Alberta's oil and gas.

Alberta Party leader Greg Clark finished second with just shy of 27 per cent of the vote, a result he said he was "really pleased" with.

"I think it shows the Alberta Party is on the up," Clark said. "We had the opportunity to share our vision for Alberta with thousands of people. "

While Clark had talked confidently in recent days about his chances of winning the Alberta Party's first ever seat in the legislature, he called the outcome a "really important step on the road to a 2016 general election."

Wildrose candidate John Fletcher earned just over 24 per cent of the ballots, and was philosophical about the third-place finish.

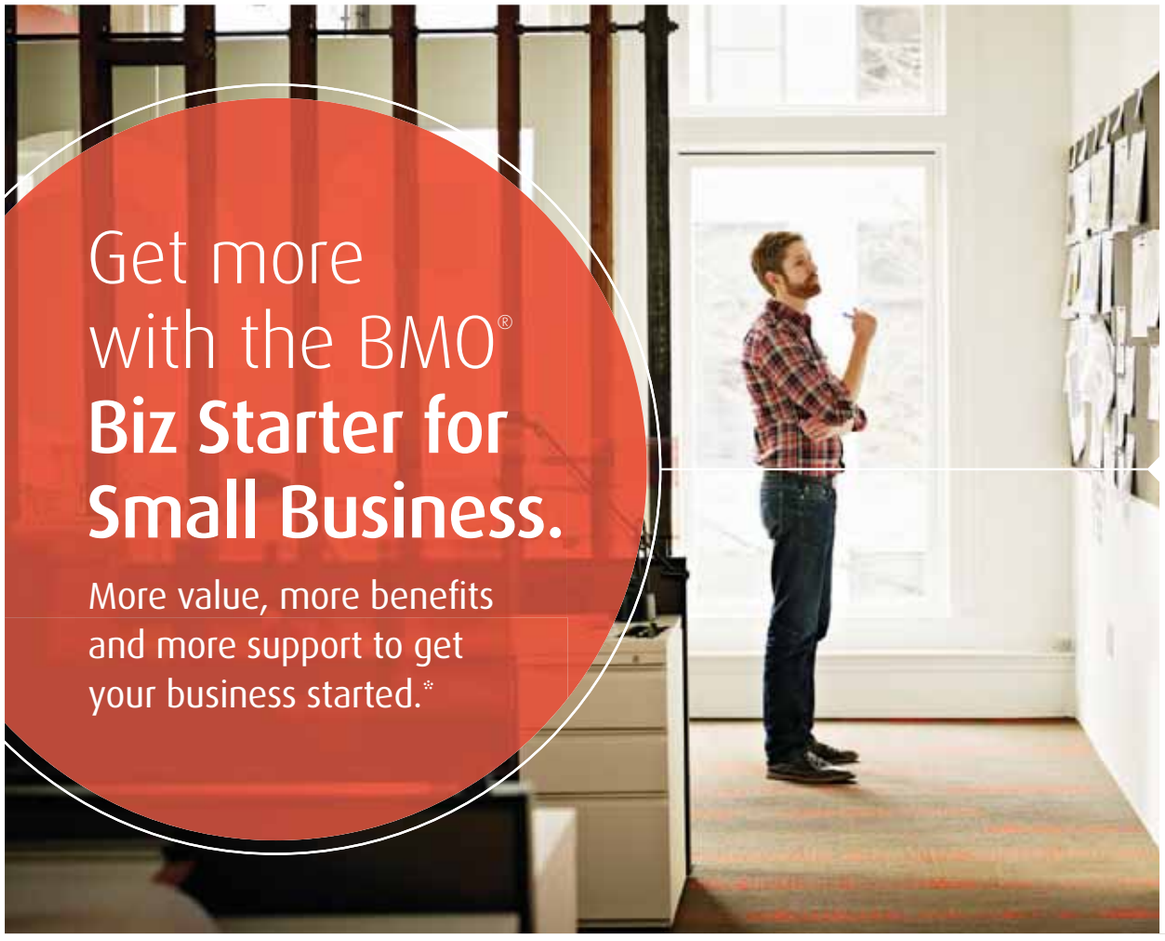
"I didn't lose here," he said. "Actually, I won because I met so many wonderful people, I met all these wonderful volunteers and everybody that gave so generously to the campaign — I'm a winner."

Liberal candidate Susan Wright took 12 per cent of the vote and said she plans to run again in the general election.

"The Liberals are going to be coming back again with their message of a strong economy and a strong society," she said. "We're going to hit those two messages really hard."

WITH FILES FROM JEREMY NOLAIS

Education Minister Gordon Dirks
ROBSON FLETCHER/METRO



Mandel victorious in Edmonton-Whitemud

Health Minister Stephen Mandel locked down the Edmonton-Whitemud riding with more than 6,000 votes. TOPHER SEGUIN/FOR METRO

Former Edmonton mayor Stephen Mandel is the newest member of Alberta's legislature, securing himself the Edmonton-Whitemud riding in Monday's byelection.

Despite an early lead in the polls, the campaign team didn't announce the victory until close to 9:45 p.m., when the current health minister arrived at a south-side restaurant to thank supporters and his team.

Mandel, who was appointed to lead the province's health ministry in September, said he faced many critics on the campaign trail who doubted his ability to man the portfolio.

"We're here today, so we're now kosher," he said, causing the room to erupt in laughter.

Mandel told the crowd he's ready to help steer the province in a new direction under the leadership of Premier Jim Prentice.

"I knocked on a lot of doors. There is a lot of frustration people have in our riding and I'm sure that same frustration across the province," he said.

"Some question our ability to make decisions about health (because of) lack of experience. But I can tell you, working with doctors and nurses and pharmacists … will allow us to find out the answers we need to make," he said.

While Mandel celebrated the PC sweep, more than 100 NDP supporters filled the pub at the Riverbend Athletic Club, taking a positive, even defiant tone at their byelection loss to the PCs.

"We have a victory tonight. We've doubled our vote in the riding and we'll form the government in 2016," said NDP candidate Bob Turner, who nipped at Mandel's heels early in the evening, but finished second. "This campaign has started the fire."

Wildrose candidate Tim Grover managed to pull only 18.9 per cent of the vote in Edmonton-Whitemud. Co-campaign manager Mark Jacka said the election was a tough loss.

LEAH HOLOIDAY/METRO IN EDMONTON

Calgary's skyline, seen here in 2012, when about 70,000 fewer people lived in the city. ROBSON FLETCHER/METRO

Cost of population growth about $44K per new household

Accelerating pace. Annual population projections edge higher

ROBSON FLETCHER
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Calgary's explosive population growth comes with a newly quantified cost: $44,000 per new household.

That, according to the city's chief financial officer Eric Sawyer, is the amount of additional capital spending on infrastructure that will be required if Calgary's growth exceeds 25,000 people per year, the rate at which many medium- to long-term budgets have been previously set.

But an actual growth rate closer to 40,000 people "is definitely, possibly, the new reality we have to deal with," Sawyer told city council on Monday.

"That has tremendous implications," he said. "We see this not as a planning issue, but really as a financial issue, more so."

From a financial point of view, Sawyer said the city must "manage the risk" of building things like new streets, pipes and recreation centres to meet the needs of such a massive influx of people, without overbuilding or underbuilding.

And, he noted: "We're going to face cost escalation, especially as more and more work is done."

City manager Jeff Fielding said property taxes, alone, won't be enough to cover such costs.

"We can't sustain this level of growth off the tax base," he said.

Even with current growth levels, Mayor Naheed Nenshi noted transit is a rare area in which the city has increased spending to augment its level of service.

"I'm hard-pressed to think about where this council has responded to citizen desires for better services with the exception of transit," he said. "Pretty well everywhere else we've either held the line or pulled back."

As the city undergoes "turbocharged growth," Nenshi said there has been some talk at council about expanding transit even more or investing in other areas like housing, but "the budget, as it stands right now, will not allow us to meet those commitments."

Zoo. Animals get in on Halloween fun

This Halloween, animals at the Calgary Zoo are in for a treat, and they don't even have to dress up.

As a part of regular "enrichments" meant to stimulate animals and create a fun environment, the zoo will be feeding animals pumpkins, yams and gourds for a spooky atmosphere this weekend.

"Every animal's got a different way of dealing with it," said Trish Exton-Parder, spokeswoman for the Calgary Zoo. She says the tigers don't even eat their orange treats — they pounce on them. "Animals like the hippos like to consume them, but they'll probably squish them with their feet."

A Japanese macaque reacts to a pumpkin. ROBSON FLETCHER/METRO FILE

There's no telling if the animals will react as adorably as Teddy Bear the Porcupine, a video that went viral over the weekend. But enrichments aren't just about giving the zoo animals treats.

"This is a part of providing the best possible environment for our animals and it's something that's part of their animal care," said Exton-Parder.

The fun starts Thursday and will run through Sunday. HELEN PIKE/METRO

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Lisa Michelle Mitchell.
Police looking for assistance in two-year missing persons case

Calgary Police are asking for the public's help to track the movements of a Calgary woman who has been missing for two years.

Lisa Michelle Mitchell was last seen leaving her residence in the southeast of Ogden on Oct. 29, 2014. She has not been seen or heard from since.

CPS made a plea for public assistance in January 2013, and have been following sightings and tips since then. So far, they have come up empty-handed.

"We just don't know where she is at this point," said Sgt. John Hebert, head of the CPS missing persons team.

According to Hebert, there are no indications that Mitchell lived a high-risk lifestyle. She was living with her common-law partner at the time of her disappearance, and had left home to walk to a nearby convenience store. Foul play could be a possibility, but Hebert said police don't have any evidence to suggest it.

Lisa Michelle Mitchell
COURTESY CALGARY POLICE

The 31-year-old suffers from a medical condition, and her family is concerned that without her medication, she may be experiencing discomfort.

Mitchell is described as white, with straight, shoulder-length hair that has been dyed blond. She is five-foot-eight, has a tattoo of a flaming phoenix on her upper left arm, and wears glasses. Anyone with any information is asked to contact police at 403-266-1234 or Crime Stoppers at 1-800-222-8477.

YASMIN JASWAL/FOR METRO

New cabs to hit streets no later than February

Driver draw. Record number of regular-vehicle drivers enter taxi plate sweepstakes

JEREMY NOLAIS
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Obtaining a taxi plate of his own would mean a change in lifestyle for cabbie of four years Weam Elzein.

"Once you have your own plate, all your stress will be gone," he said.

No more lease rates — Elzein said some drivers borrowing a plate from another pay up to $12,000 annually to do so — more freedom to chose one's employer and the hours they roam city streets are among the benefits listed by drivers who've entered taxi-plate draws in the past.

In the old days, the plates also would fetch six-figure sums when it came time to be sold, an added perk for a retiring cab driver or one moving into another line of work.

But luck of the draw is what it comes down to for Elzein and 1,950 other drivers who will enter a draw for 126 new taxi plates due to be held Wednesday the Executive Royal Inn in the city's northeast. Of those, 1,716 will vie for 112 regular plates and 235 will hope to come away with one of 14 accessible plates.

"All the taxi-plate licence applicants have a number tag," said Carissa Vescio, a spokeswoman for the city's animal and bylaw services department. "All of the number tags will be placed in a barrel and then all the numbers will be drawn and recorded and the list of selected applicants will be available Oct. 30."

Vescio said all plateholders are expected to have a car on the road within three months, meaning 126 additional cabs will be cruising city streets by the start of February, at the latest. New vehicles will also be required to be in service during peak-demand times, namely Friday and Saturday nights.

The odds of securing a coveted cab plate have improved when compared to the 2013 draw, one that saw just a one-in-35 chance of an eligible driver being successful. The stakes were even higher among accessible-vehicle wheelmen, who had just a one-in-40 chance.

Analysis

Simply the luck of the draw

Weam Elzein wasn't successful last year, but has his fingers crossed this time around.

"There's a better chance this year, and then there are more coming after that," he said, alluding to a plan by city council approved in September that will see 126 plates released to Wednesday's draw winners by month's end and then another 257 added to the city fleet at a yet-to-be-determined point down the road.

Councillors plan to review dispatch and call-time data before approving the second release of plates.

JEREMY NOLAIS/METRO

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More cabs like these will be on Calgary's streets in the coming months, as drivers eagerly await a plate draw due to be held Wednesday. METRO FILE

Currie Barracks. The city is inviting feedback on redevelopment plan

Calgary's Currie Barracks would be transformed into a medium-density mix of commercial, office and residential space under a proposal that will be on display for public input Tuesday.

"This is a great opportunity for residents to speak to city staff, review the proposed changes and provide comment on the application," senior planner Craig Sklenar said in a release.

The city is currently reviewing the proposal from the Canada Lands Company and council approval is still needed.

The plan includes "a network of open spaces and pathways while preserving key aspects of the area's military history," according to the city.

The open house will take place Tuesday at the Military Museums, 4520 Crowchild Trail SW, between 5 p.m. and 8 p.m.

City staff will be on hand to answer questions. METRO

Marijuana grow-ops

Pot conference blooms in Banff

Bud will be on the brains of law-enforcement investigators, government representatives and private sector participants of a Banff conference starting Tuesday.

The Evolution and Management of Marijuana Grow Ops conference will outline current marijuana legislation, analyze the response of communities and explore best practices for dealing with the drug.

"The safety, security and protection of Albertans is our priority and we are committed to addressing the health and safety risks grow-ops pose to our communities," said Alberta Justice Minister Jonathan Denis in a statement. METRO

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RCMP to 'someday' release Zehaf Bibeau video

Bob Paulson THE CANADIAN PRESS

The country's top Mountie says it's his hope to "someday" release to the public a video left behind by the gunman in last week's attack on the National War Memorial and Parliament Hill.

RCMP Commissioner Bob Paulson says the video made by Michael Zehaf Bibeau contains evidence that the shooting was driven by political and ideological motives.

And he says while the video is still being analyzed by police, it's his hope that it will eventually be released to the public.

"We're interested in getting that before the public, but we're interested in making sure that we have secured — and are confident in — its intelligence and evidence value," Paulson told a Senate committee. "It will certainly someday be released. ... I really am inclined to overcome those challenges and get it released as soon as possible."

In the video, Zehaf Bibeau says he will act in the name of Allah in response to Canada's foreign policy, a source close to the investigation said.

THE CANADIAN PRESS

Funeral

A regimental funeral is set for Tuesday, and Cirillo is to be buried in a field of honour at a Hamilton cemetery.

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Ford brothers Doug, left, and Rob in the Ford home in Etobicoke Monday, after the mayoral election results were announced. TORSTAR NEWS SERVICE

Toronto says no to Ford more years

That's all, folks? Doug Ford puts on brave face after losing bid for mayoralty to John Tory

MATT ELLIOTT
Metro in Toronto

After a night of emotional highs, lows and a bunch of complicated feelings in between, supporters at mayoral candidate Doug Ford's election night party were able to keep the faith by turning their attention to the next mayoral race in 2018.

"Folks, if you know anything about the Ford family, we never, ever, ever give up," said a defiant Mayor Rob Ford after returns showed his brother Doug Ford would not succeed him in the mayor's office. "I guarantee in four more years you're going to see another example of the Ford family never, ever, ever giving up."

The outgoing mayor, who will stick around as a member of Toronto city council after winning in the Ward 2 council race, used his speech at the Woodbine Banquet and Convention Hall in Rexdale to buoy the spirits of an audience that had some trouble accepting that John Tory, and not Doug Ford, would be the new mayor of Toronto.

A handful of supporters, most of whom would not even consider providing their names to reporters, alleged widespread electoral fraud and media bias for Tory's win. When Doug Ford took the podium to give his concession speech, he was greeted with chants of "Recount!"

But the message from the Fords themselves stayed more positive, with a clear focus on taking back city hall in 2018.

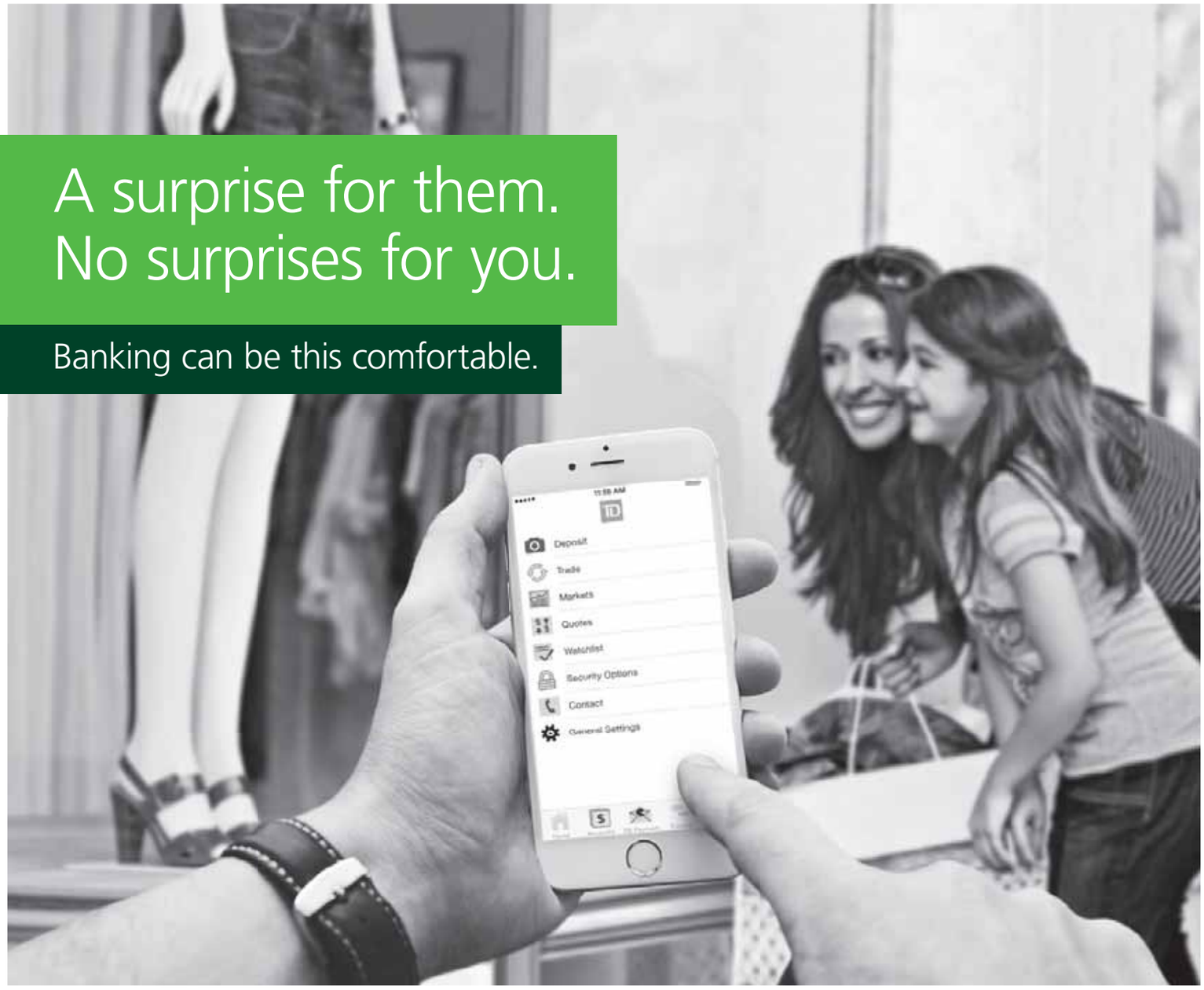
"I will go to sleep tonight knowing that I gave it absolutely everything," said Doug Ford in his concession speech.

But it was Rob, not Doug, that was the star in the room. The mayor, now completely bald after going through chemotherapy to treat an aggressive form of cancer, entered the room to sustained cheers.

While promising to take care of his health, he also pledged to "take care of every taxpayer of the city." He said he'd work with Tory on issues like contracting out garbage, while fighting him on any attempt to build light rail lines.

"We today are going to start working for November of 2018. What the exact date will be, I'm not quite sure. October, November — but I know that's going to be a very important date," said Rob Ford.

"I'll continue to fight," he added. "I'm just warming up, trust me."



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Ghomeshi's $55M lawsuit against CBC alleges breach of confidence

The Canada-wide response to the weekend saga between CBC and radio host Jian Ghomeshi was so thunderous, our neighbours to the south felt the reverberations. CBC/THE CANADIAN PRESS

BDSM. Former radio show host claims he was terminated because of 'possible negative public perception'

Lawyers for radio star Jian Ghomeshi made good Monday on their promise to launch a lawsuit against the CBC, alleging breach of confidence, bad faith and defamation by the public broadcaster.

Ghomeshi, 47, is seeking $55 million from the CBC, according to the lawsuit, plus special damages.

The suit says "the claim is the result of the CBC misusing personal and confidential information provided to it in confidence and under common interest privilege."

On Sunday, the CBC said it was severing ties with Ghomeshi because of "information" it had received about the Q radio show host. Lawyers from Dentons Canada LLP then announced their intention to sue the CBC on Ghomeshi's behalf.

Ghomeshi then posted a Facebook message saying he had been fired by the public broadcaster for his "sexual behaviour." In the post, Ghomeshi explained that he liked to engage in rough sex, but said it was always consensual. He said he told the CBC about his sexual preferences after he became aware that a freelance writer was looking into allegations that he'd engaged in non-consensual "abusive relations."

The lawsuit alleges that the CBC misused "personal and confidential information provided to it in confidence." It says Ghomeshi approached CBC executives Chris Boyce and Chuck Thompson to advise the broadcaster of "the threat of the public release of a fabricated story of his personal life."

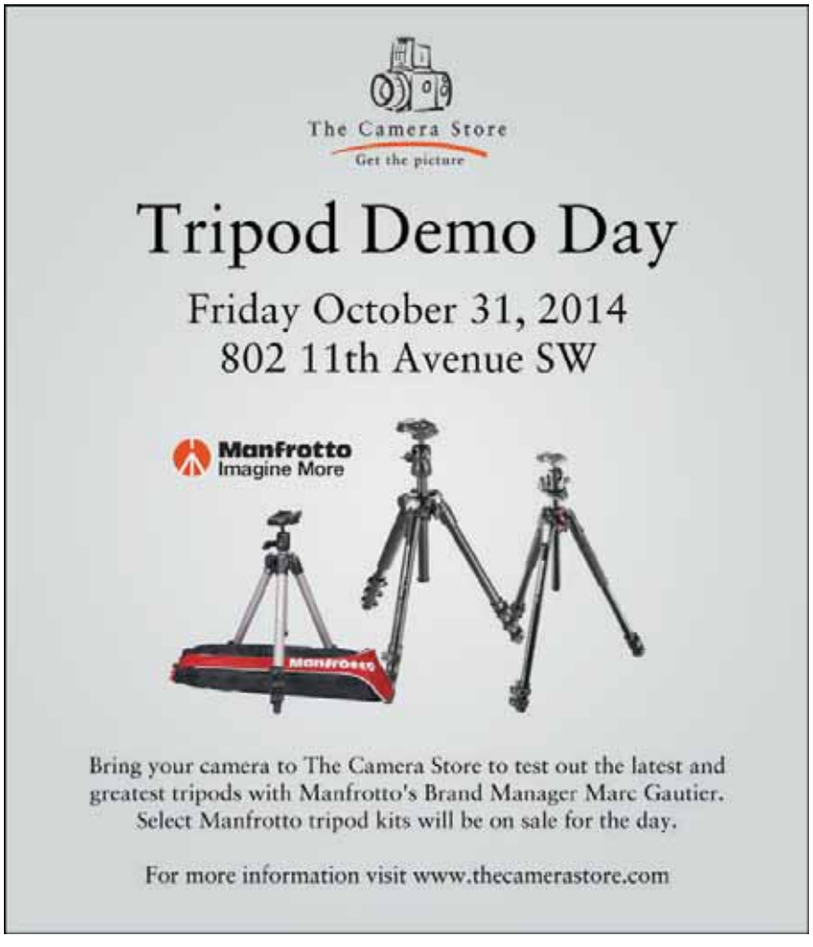
Online

For the latest updates, go to metronews.ca.

- Adult store owner breaks down BDSM.
- Can someone get fired for something in the bedroom?

CBC spokesman Jeff Keay said the broadcaster had no comment on the lawsuit except that it intends to contest the matter vigorously.

The suit alleges that in meetings, the CBC told Ghomeshi it was not concerned about whether his sex practices were consensual. Instead, he was terminated because of "possible negative public perception" should the fact that he engaged in BDSM become public, claims the suit. THE CANADIAN PRESS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Stickhandling. Going to Facebook put Ghomeshi ahead of story: Expert

While Canadians digest the news of Jian Ghomeshi's abrupt dismissal from the CBC over the weekend — and decide whether allegations of violence made public by the Toronto Star justify it — one expert says the embattled host has already won the PR battle.

Toronto-based digital communications strategist Taylor Mann told Metro Ghomeshi's swift response to the news of his firing through his Facebook page — hours before details of the allegations came to light — has left him in control of the story's arc.

"Everything is now framed around his firing but also his 'sexual preferences' whereas if this was broke by a national newspaper it would have been framed 'Canadian celebrity is sexually aggressive with women,'" explained Mann. "Because he got out there first he has (controlled) and will continue to control the narrative."

With public relations powerhouse Navigator, hired to help Ghomeshi manage the crisis, Mann said he is under no illusions the Facebook post was organic. "It was meant to look very much like he sat down on a laptop and just wrote his thoughts out … but this is clearly a very well-executed strategy on their part," he said.

Siri Agrell, vice-president of public relations giant Pilot PMR, said she believes Ghomeshi's choice to go on the offensive, portraying his accusers as conspiratorial and "jilted," will do more harm in the long run.

"Fundamentally, if you attack women who say you hit them, you're not going to get public opinion on your side."

SHANE GIBSON/METRO IN WINNIPEG
WITH FILES FROM LUKE SIMCOE

Masters of spin

PR firm Navigator is no stranger to high-profile cases. Its list of clients includes former Prime Minister Brian Mulroney, who enlisted the firm's help while he faced public scrutiny during the Airbus affair.

Modern rape culture

WHY DON'T VICTIMS OF SEXUAL ASSAULT GO TO POLICE?

RUTH DAVENPORT
Metro in Halifax

If a tree falls in the forest and no one files a police report — did it make a sound?

Some of the thousands of people weighing in on the Jian Ghomeshi affair seem to be convinced that if a woman who has been sexually assaulted doesn't go to the police with her allegations, she couldn't possibly have been assaulted.

Setting aside for a moment the weird paradigm under which police reports dictate reality, let's just think about the horrifically intimate crime of sexual assault.

Think about being groped, molested and raped, and then think about whether you'd want to give the detailed play-by-play to a whole stable of complete and mostly male strangers. Think about having to relive the encounter over and over as you make your way through the courts, facing down thinly veiled skepticism and often open judgment along the way.

As a reporter and feminist, I encounter the treatment of sexual assault victims on a pretty regular basis. I've been in courtrooms where defence lawyers have sneeringly cast a woman's behaviour in the worst possible light. I've bitten my tongue when male police officers dutifully warn women to never walk alone at night without ever telling men to not rape women who are walking alone at night. I've been in heated debates over girls-only dress codes in schools and the message that's sent to young men when they're not told that women aren't their toys, regardless of their clothing — or lack thereof.

I don't know what the truth is in the Jian Ghomeshi affair. I do know that dismissing any woman's allegation simply because she hasn't gone to the police is laughably simple-minded, and yet I've seen plenty of friends and associates espouse this flawed logic.

Without hearing directly from anyone but Ghomeshi himself, they have responded with incredulous, wounded outrage, savagely puritanical indignation, derision and finger-pointing at these women — and then they ask why the women wouldn't go public.

Just consider for a moment the bile spewed at Jennifer Lawrence, who had the nerve to have nude photos of herself on her phone. She didn't accuse anyone of rape, but for having naked pictures she was labelled a slut.

Consider Robin Williams' daughter, who was bombarded with graphic altered photos of her famous father after his suicide.

Think of Janay Palmer, the wife of Ray Rice, who was subject to questions about having provoked that elevator punch, and then characterized as a gold-digger because she didn't leave her husband.

Women, it seems, must always have an agenda. We don't actually slap scarlet letters on them anymore, but thanks to the Internet, women who accuse a man of any kind of misbehaviour risk having not only their identities exposed and publicized, but also an eternal water-torture drip-drip-drip of daily character assassination.

Refusing to file a formal complaint — the decision made by approximately nine of every 10 sexual assault victims — isn't a case of modesty or manipulation. It's simple survival. And modern rape culture is thriving on it.

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CARDEL HOMES

Ebola. Symptom-free nurse leaves New Jersey hospital's quarantine tent

A nurse who worked in West Africa with Ebola patients was released Monday afternoon after being quarantined through the weekend in an isolation tent at a New Jersey hospital.

Kaci Hickox had been symptom-free for 24 hours and was being taken to Maine, where she lives, the state Health Department said in a statement Monday. She left University Hospital in Newark around 1:20 p.m. , according to hospital spokeswoman Stacie Newton.

A statement released by the office of New Jersey Gov. Chris Christie said health officials in Maine had been notified of her arrival and that they could decide on her treatment and monitoring from there. Maine's protocols require her to be quarantined in her home in Fort Kent for 21 days after the last possible exposure to the disease. Hickox was the first person forced into the state's mandatory quarantine for people arriving from three West African countries.

THE ASSOCIATED PRESS

$681M acquisition

Chiquita's deal with two Brazilian companies ripens

Chiquita has sealed a deal to be acquired by two Brazilian companies for about $681 million US, with the U.S.-based banana producer expected to go private by the end of this year or early next.

THE ASSOCIATED PRESS

Detroit

Judge to rule on bankruptcy plan

The city of Detroit urged a judge on Monday to approve its plan to get out of bankruptcy, calling it a sweeping effort to "solve some really bad problems" by wiping out billions in debt and spending $1.7 billion US on better services in a long-term prescription for the Motor City. THE ASSOCIATED PRESS

Market Minute

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Kidnappings lead to doubts about ceasefire

Nigeria. In days since truce with Boko Haram announced, at least 70 youths have been taken

In this May 19 photo, Martha Mark, the mother of kidnapped schoolgirl Monica Mark, cries as she displays her photo in the family house in Chibok, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Dozens of girls and young women are being abducted by Islamic extremists in northeast Nigeria, raising doubts about an announced ceasefire and the hoped-for release of 219 schoolgirls held captive since April.

On Oct. 17, Nigeria's military said a ceasefire had been agreed to with Boko Haram and ordered troops to comply immediately. Officials said the ceasefire would lead to the speedy release of the girls kidnapped from a boarding school in the remote northeastern town of Chibok on April 15.

But there have been a number of kidnappings and battles since then that call the ceasefire into question.

At least 70 young women and teenage girls and boys have been kidnapped in Borno and Adamawa states since Oct. 18, according to local government chairman Shettima Maina and residents who spoke on condition of anonymity because they feared retribution.

The insurgents have also launched several attacks since the ceasefire was announced. On Friday, a multinational force including troops from Nigeria and Niger engaged in fierce fighting to regain control of Abadam, a town held by Boko Haram on the western shores of Lake Chad.

Ten days after the announcement, Boko Haram has not indicated that it has agreed to a truce.

Nigeria's minister of foreign affairs, Aminu Wali, said Monday that Boko Haram has denied recent kidnappings and suggested it might be the work of dissidents wanting to break the ceasefire. He said the release of the Chibok girls is part of ongoing ceasefire negotiations, which would not be affected by the latest abductions.

"There is still negotiation going on and we expect a lot of progress to be made … and we will make an effort also to bring back those that have been kidnapped," Wali told a news conference in Abuja, Nigeria's capital.

He spoke alongside the foreign ministers of Germany and France, who announced a joint initiative to help victims of Boko Haram.

"Thousands of people have become traumatized by the violence," said Laurent Fabius of France, announcing joint financing of "a program for the support of these people and to help them overcome the trauma and the psychological distress that they have suffered."

THE ASSOCIATED PRESS

Pistorius to appeal verdict

Oscar Pistorius
THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Prosecutors in the Oscar Pistorius case said Monday they will file appeal papers in the next few days against the verdict and sentence after the Olympic runner was convicted of culpable homicide and given a five-year prison term for killing his girlfriend.

The decision by South Africa's National Prosecuting Authority could see Pistorius face a murder conviction again for shooting Reeva Steenkamp and, if found guilty on the appeal, a minimum of 15 years in prison.

The 27-year-old double-amputee athlete was acquitted of murder by Judge Thokozile Masipa for shooting Steenkamp multiple times through a toilet cubicle door in his home. He testified he mistook her for a nighttime intruder. Masipa found him guilty instead on a lesser charge comparable to manslaughter.

The NPA said in a statement its decision to appeal was based on a "question of law," meaning it believes that Judge Masipa misapplied the law when she acquitted Pistorius of murder.

"The merits and the demerits of the NPA's argument ... will become evident when we file papers for leave to appeal," the national prosecuting body said. "The prosecutors are now preparing the necessary papers." THE ASSOCIATED PRESS

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THE CASE OF THE FACE AND HOW WE DEBASE

SHE SAYS
Jessica Napier
metronews.ca

In a week that saw the Ebola epidemic spread to the United States and the dramatic death of two Canadian soldiers, how is it that a movie star's red-carpet appearance still managed to soar to the top of trending lists at home and abroad?

In case you missed it (how did you miss it?) the Internet had a collective freakout last week over Renée Zellweger's face. The actress, who has been out of the spotlight for a few years now, was photographed at ELLE magazine's annual Women In Hollywood Awards in California exhibiting what many claimed to be an entirely unrecognizable new appearance.

Media outlets around the world criticized the 45-year-old star for altering her face beyond recognition. Plastic surgeons were recruited to weigh in on her new look. Blogs and morning shows were infiltrated with before-and-after images and scribbled diagrams to indicate where she might have had work done. The London Evening Standard in England went so far as to refer to the story as Facegate ... FACEGATE! That's right, a newspaper likened one of the greatest political scandals in American history to a woman's brow line.

Unfortunately, the actress felt pressured to release a formal statement on the matter in which she referred to the media coverage as "silly" (yeah, no kidding) and insisted, "I'm glad folks think I look different ... I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows."

Let's face the facts, shall we? (Sorry, I couldn't help myself.) Our beloved Bridget Jones is definitely looking a little different. However, the hows and whys of her new look aren't really a debate that any of us should bother weighing in on. Despite the media outcry surrounding her appearance, Zellweger doesn't actually owe any of us an explanation, especially not the gossip-mongering magazines that make a living exploiting the private lives of celebrities. Her personal decisions shouldn't make any of us feel cheated or betrayed, and they certainly shouldn't result in what the Daily Beast referred to as a "worldwide panic." I think the world has enough real problems to focus on without worrying about whether a celebrity opted for cheek fillers or Botox.

Hollywood is a bizarre micro universe that pressures women to look a certain way and then condemns them for actually trying to achieve it. You must look young and beautiful, but don't you dare try too hard or your efforts will become obvious. The backlash here is the result of this twisted reasoning; Zellweger, who won the hearts of moviegoers by portraying likeable characters we could relate to, is now guilty of aging in public, in a way that her fickle fans don't understand and consequently don't accept.

Fans of classic romantic comedy one-liners will remember that the charming Mark Darcy famously tells Bridget Jones that he likes her, just the way she is. Now if only we could say the same about the real-life woman behind the character.

Metro Bitstrips caption contest

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MetroTube

It took 25 years – but the future is finally here

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

There's something about those Back To The Future hoverboards that sears their tantalizing promise into our brains. Because of that, of course, unscrupulous sorts have for years been dangling bogus announcements that they're on the way. Well, one company has finally opened the door and CNET was lucky enough to take the gadget for a spin. So far it handles like a slightly more agile Roomba, but I think I'm ready for some unfettered excitement. (CNET/YouTube)

Twitter

@metropicks asked: A tie in a mayoral election was decided by a coin toss in a town in Peru. What's your out-of-the-box electoral reform idea?

@hfxgolfguy: rock paper scissors...

@seemetrolling: give elections and politics coverage as detailed and stats-oriented as we have for the NHL

@deankoshelanyk: most public meetings attended on a volunteer basis

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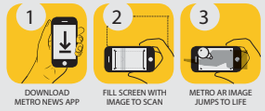

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SCENE 2

Minnie Driver has a mother of a run as an offbeat mom

Television. Actress gets maternal in unconventional ways on screens big and small

NED EHRBAR
Metro in Hollywood

Between her work on About a Boy, now in its second season, and in the upcoming film Beyond the Lights, Minnie Driver is giving something of a master class in questionable parenting styles. But her kooky new-age Fiona on TV is a lot less dangerous to her child's psyche than is her aggressive stage mom-manager to a pop star on the verge of a nervous breakdown.

Minnie Driver as Fiona and Benjamin Stockham as Marcus in the television series About a Boy. GLOBAL

Watch About a Boy

About a Boy airs Fridays on Global at 8 p.m. ET/PT, and is available online on Saturdays.

It's interesting to see how different the TV show About a Boy is from the film.
I loved the movie a lot. I just watched it on the plane the other day. Toni Colette is so good in that film. But she just couldn't be that dark on TV. It's so beautiful how fragile she is psychologically and that whole notion of "no man is an island," which it's all built around. You have to have more than one person because of our fragility. But I take that sentiment into our show.

A lot of people are approaching the show like a romantic comedy, with a "will they or won't they" aspect to Will and Fiona.
Which is good. But anyone with an even basic understanding of satisfaction and psychology knows that if the "will they, won't they" was they will, they'd then lose interest and be disheartened and sad because they don't actually want that. What's fun is to watch the cat chase after the mouse and then the mouse fight back. It's not fun to see the cat and the mouse snuggled up in bed. That's fun for a minute, then it's boring and you have nowhere to go. So I would say the deliciousness is in the anticipation of how it would possibly shake down and watching them get there. But the notion of a really unusual family is what is interesting to me.

Also, the film can have its wonderful resolution for this group of people, but you need to keep a show going.
I think it's tricky, but if anyone can do it, Jason Katims can. And certainly where we're at in this season, they have me falling in love and having this big relationship, and it's super-awkward and dreadful and brings up all sorts of stuff for Will, all sorts of stuff for the kid. It's really interesting. But you do have to keep creating conflict, that's what makes it a comedy. And luckily they're conflicted people who are messy and imperfect. That's what you realize you need to tune in to. You want to see two characters coming at the same subject from completely different angles and they both need to be right and believe that they're right — until the point that maybe one concedes a little bit or the other concedes a little bit. And if that's the formula, then that's all right because you can write around that really cleverly and brilliantly for a long time, I think. Hopefully. I'd like to be doing it for a long time.

And in Beyond the Lights, you play a much different maternal figure: this cold, calculating stage mom driving her daughter to pop stardom and a meltdown.
Reality television has kind of defined a caricature of that archetype, but for me she's got a bit of Svengali in her, a bit of the evil stepmother, a bit of the good mother. You take pieces of each of those and you weave it together. It was a really interesting playground. She encouraged her daughter to be the sexualized version — this cookie-cutter idea — of what it is men want to have sex with, what women aspire to be, what's on the cover of magazines.

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Books. Game of Thrones creator drawing out the wait for series fans

George R.R. Martin's new book, The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, was released this week. THE ASSOCIATED PRESS

George R.R. Martin knows all the signs of Boba Fett Syndrome. Named for the minor Star Wars character who fans demanded to know more about, Boba Fett Syndrome is most acute for any book or film series that has reached a certain level of phenomenon. At that point, minutiae become major.

For Martin, this has meant not just the usual demands for the next A Song of Ice and Fire fantasy novel (don't ask, he's still working on it), but constant letters and emails asking for information on everything from dragons to Aegon Targaryen's war against the Seven Kingdoms.

Martin's new book, released this week, is The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, 300 pages of back story and original artwork by some of the world's top fantasy illustrators. He agreed to the companion volume in 2006 and expected it would take just a couple of years. Naturally, it took longer. He intended to write some brief text to accompany the drawings, but ended up setting down some 300,000 words, more than enough to make his editor's "head explode."

"It was bigger than I anticipated," he said during a recent telephone interview, acknowledging that The World of Ice & Fire might have delayed still further the next Ice and Fire novel. "I start these things that I think won't take much time and they grow and grow."

Martin said The World of Ice & Fire offers material already in the Ice and Fire series; material he has long worked out in his mind and on paper, but had never released; and material he invented entirely for the book, such as the section dedicated to lands on the other side of the Narrow Sea. (Fans of Tyrion Lannister, be advised: Martin includes little about the character he has called his favourite. He's saving that for future books).

Martin has been publishing books since the 1970s and began his Ice and Fire series in the 1990s, intending to write a trilogy. THE ASSOCIATED PRESS

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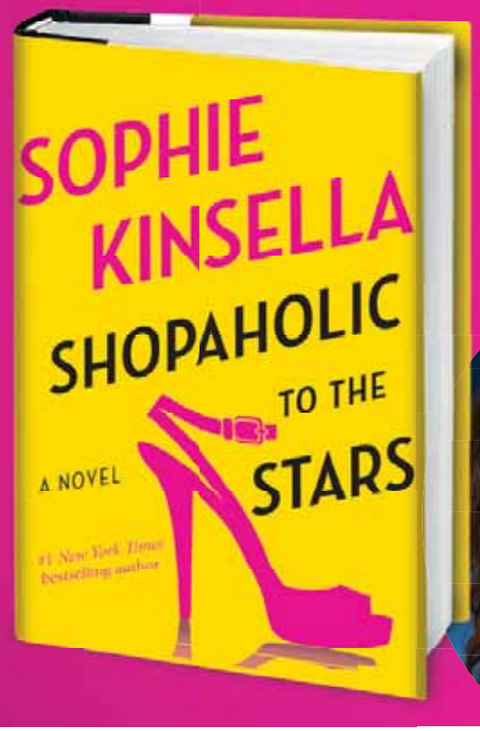

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is a pic with Oprah worth sacrificing a toe or two?

NED EHRBAR
Metro in Hollywood

This probably isn't what Oprah Winfrey meant with her famous, "You get a car! And you get a car!" routine.

The media mogul's SUV ran over a woman's foot outside a Miami steakhouse.

"It has always been on my bucket list to meet Oprah, but I could never have imagined it would be because her driver ran over my toe," the victim, Lori Geller Bender, tells Page Six.

See, that's the thing about the Secret. You have to be specific, or who knows what will happen?

"We were crossing the street to arrive at the restaurant, and there were a lot of cameras. I could see a big crowd of security guards, and as soon as Oprah got into the car, it pulled out from the curb and a wheel went over my foot. I was wearing heels, my toe was trapped under the wheel and I fell to the ground, hitting my coccyx and my head," Geller Bender says.

"The driver reversed off my foot and Oprah jumped out. She couldn't have been nicer and more gracious. She looked really shocked and asked me if I was OK, and took a good look at my foot. I wasn't hurt, and I told her I was fine.

"Oprah said, 'Well, that's worth a picture,' and she put her arm around me and we took some photos."

OK, two things: As impressive as her resumé is, Winfrey is not an orthopedist, so I'd take her assessment of your injuries with a grain of salt. And two: I bet a lawyer would have a different opinion of what "that's worth," but what do I know?

Catchy new song portrays Shia LaBeouf as a cannibal, with a nod to Citizen Kane

Here's something interesting (and that's putting it mildly). Musician Rob Cantor has composed and arranged a song called Shia LaBeouf, a thrilling tale of being lost in the woods and terrorized by the infamous actor and sometimes performance artist.

In the song, LaBeouf is cast as a sadistic cannibal. "He's almost upon you now and you can see there's blood on his face," Cantor speak-sings. "My God, there's blood everywhere!"

But that's just the song. The video for it, a live performance in a theatre space, features Cantor backed by a band, a string quartet, the West Los Angeles Children's Choir and the Gay Men's Chorus of Los Angeles, plus choreographed dancers — some wearing giant papier-mâché LaBeouf heads — Kung fu fighters and aerialists.

Shia LaBeouf ALL PHOTOS GETTY IMAGES

There's even a twist ending, which is all the more delicious when you realize it's a visual reference to Citizen Kane.

DiCaprio chimps out while dates skimp out

Leonardo DiCaprio knows how to party, and apparently that means wearing a chimpanzee mask.

A man believed to be DiCaprio was seen alongside Australian pal James Packer ushering a trio of women clad in skimpy Halloween costumes into a waiting SUV outside of Nobu in Malibu over the weekend.

For those playing along at home, while the men in the group were wearing casual clothing plus masks — the bare minimum of effort — the women were dressed up as Sexy Wonder Woman, Sexy Greek Goddess and Sexy Playboy Bunny (which is more than a little redundant, really).

Look, I know it's Halloween and all, but I don't see why celebrities like DiCaprio don't just do this all the time. Everyone knows the old baseball cap and sunglasses routine doesn't fool anyone.

'OK-looking' Helen Mirren is new face of L'Oreal

There's ain't nothing like a Dame. None other than Dame Helen Mirren has been named as the new face of L'Oreal and will be repping the cosmetics giant alongside Blake Lively, singer Cheryl Fernandez-Versini and model Lara Stone. Mirren, though, is more than happy to downplay her own appeal.

"I am not gorgeous and I never was, but I was always OK-looking and I'm keen to stay that way," she says. "I have always loved the L'Oreal Paris brand, and I hope I can inspire other women towards greater confidence by making the most of their natural good looks. We are all worth it."

Yeah, but if Mirren is just OK looking, what hope do the rest of us have?

Helen Mirren

Grow a mo for men's health

A worthy cause. Men are still avoiding the doctor's office, but Movember wants to change that

VAWN HIMMELSBACH
life@metronews.ca

Starting next week, clean-shaven men will be stubbly, then scruffy before sporting full-blown handlebar 'staches. Yes, it's Movember.

The message behind Movember is to encourage conversations about men's health and raise money for prostate cancer, testicular cancer and mental-health issues. Participants, called Mo Bros, start with a clean-shaven face and grow a mo over the course of November — no beards or goatees allowed.

There's a need to have these conversations because men still shy away from going to the doctor. Women, on the other hand, come from a culture where they talk about their breast and menstrual health from an early age, and that's perfectly acceptable, says Peter Mallette, executive director of Prostate Cancer Canada's Atlantic Regional Office in Halifax.

Men's reluctance to visit their general practitioner is problematic, since early detection is so critical in fighting all cancers. And that's where campaigns like Movember come in.

"This is not just about the finger in the bum," says Pete Bombaci, country director of Movember Canada. "It is about a broader awareness of your health and the different components to diagnosing prostate cancer."

"If a guy is talking about anything below the belt, he's usually lying or boasting," says Mallette. "I'm convinced a lot of the men who show up at a doctor's office for a prostrate exam are there because a woman has made the appointment for them. We just don't think it's going to happen to us."

But one in eight men are diagnosed with prostate cancer each year — and about 4,000 men in Canada will die from it — making it more prevalent than breast cancer.

If it's detected early, however, it's almost always treatable and survivable. The challenge is getting men to get screened.

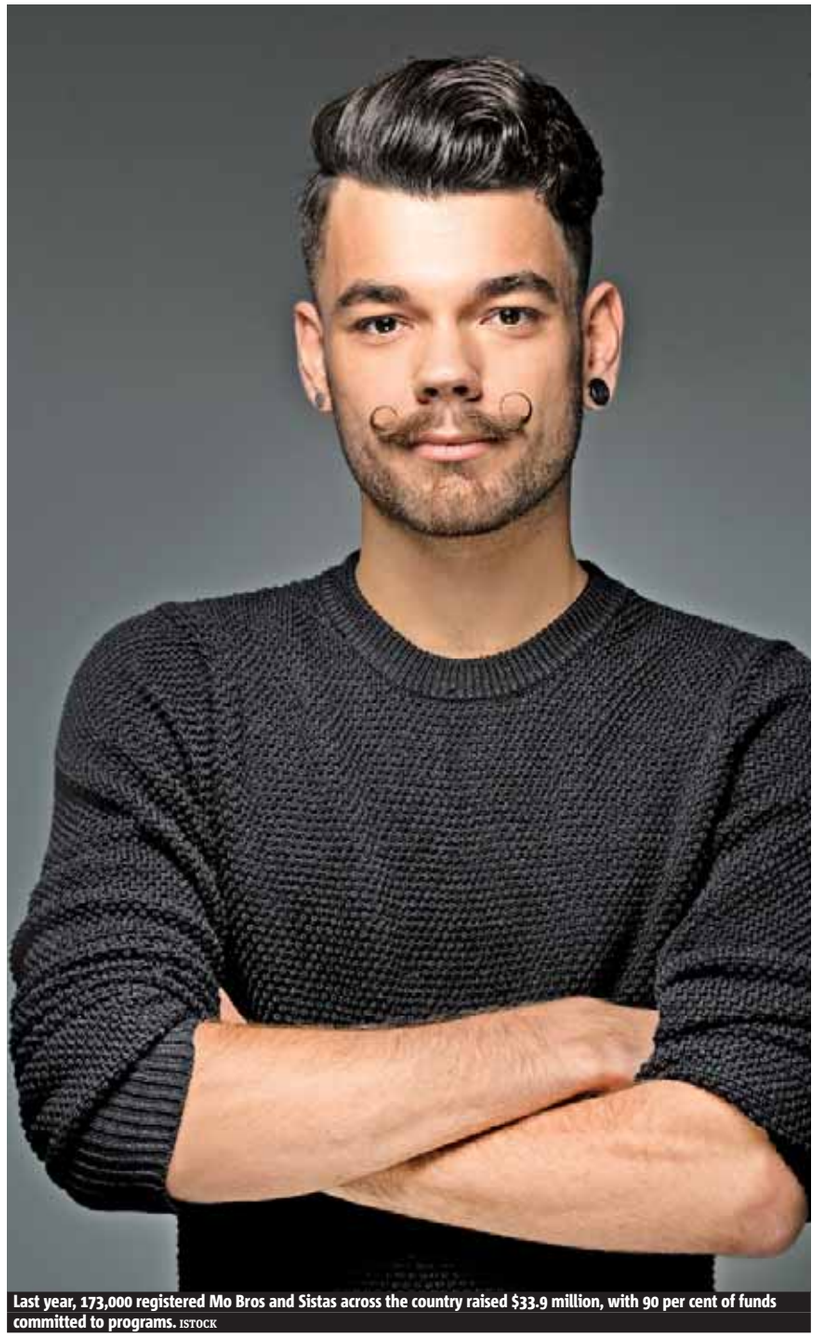
Mallette is one of those survivors. "Prostate cancer is not an old man's disease," he says. "I was in my 40s. Younger and younger men are being diagnosed. Our position is when you turn 40, you should start having that conversation with your doctor ... especially if there is a genetic link in your family."

Men between the ages of 20 to 50 are usually deeply invested in work and family, and unless there's a big red flag, they tend not to seek help because of the assumption that everything is going well, says Dr. John Oliffe, a Mo Bro and professor at the University of B.C.

"Prostate cancer is a classic example — very few men have symptoms."

So once it becomes symptomatic, the disease has likely advanced. Those side effects include urinary incontinence and issues relating to sexual function and "guys just don't want to think about it," Mallette says.

"This isn't going to change in one year," says Bombaci. "This is going to take many years of men growing moustaches, (but) we will win this battle together to reinforce with men that it's OK to not be invincible and it's OK to seek help when you're not feeling well."



Last year, 173,000 registered Mo Bros and Sistas across the country raised $33.9 million, with 90 per cent of funds committed to programs. ISTOCK

And the winner is...

Movember asked Canadians to submit innovative ideas that aim to disrupt long-held assumptions about men's health. On Oct. 19, the organization announced 15 winners from across the country, which represent a $2.2 million investment in men's health.

- **Winner from Calgary.** Boys 2 Men is a program that will provide educational opportunities and support outlets for a currently underserviced group of young men, from grades 7 to 9. The project's pillars include bringing awareness and understanding to topics such as sexual health, mental health, human rights and positive relationships.

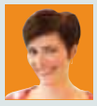
Mo Sistas

In many cases, women are the "gatekeepers" of a man's health, whether booking an appointment with his doctor or encouraging him to do it. Women can continue to do what they've always done: support the loved ones in their life, says Bombaci. Women can also register as a Mo Sista during Movember. "You can do everything a Mo Bro can do other than grow the moustache," says Bombaci. Getting women to encourage the men in their life to grow a mo and open up about their health is a powerful component of the campaign. "Women have been really good about looking after the health of the men in their lives, but I'd encourage men to encourage their mates or buddies to look after their health," says Oliffe. "Oftentimes it's the permission of men that helps you do things."

Women can sign up as Mo Sistas during the campaign. ISTOCK

Health Solutions

Give leftovers a second life



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I never met a leftover I didn't love. They are simple second suppers that make weeknights go smoothly as long as you follow a few rules.

Some rules pertain to consuming food safely, which is your top priority. Others just offer a spoonful of sugar to help them go down with your family.

If you are on your own or part of a duo, this concept will be your best friend because it allows you to make the biggest effort once and enjoy the fruits of your labour all week!

Safety

- Consume within 2-3 days or freeze for 3-5 weeks.
- Reheat only once! If you don't finish that portion, you must throw it out.
- Cool in small containers in the fridge as quickly as possible. Large, deep containers can hold the heat long enough to allow dangerous bacteria to grow.

Culinary

- Have a handful of simple, mildly flavoured entree recipes that can be adapted.
- Never serve exactly the same thing two nights in a row (that is a "leftover," yuck).
- Repurpose cooked food creatively: Salmon goes into a salad, a sandwich or is tossed in pasta. It's boring just reheated. Steak is great chopped into fajitas. Chicken is lovely spiced up and tossed with foccacia, olives, tomatoes and cucumber to make a Tuscan salad. You get it.

Flavours

- Stick with world regions. For instance: If it starts out with Mediterranean tastes, the second supper should stay within that part of the world. A tomato-sauce roasted chicken leg won't turn into an Asian stir fry all that easily.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM

Beef sauce for tonight's pasta is next week's burrito filling

Better Spaghetti. Make more than you need, but get creative and don't fall into the traditional leftover trap

This recipe serves eight. THERESA ALBERT

This dish is foolproof and all of the veggies virtually disappear into the sauce since they're grated. Double this batch and store in small containers.

Ingredients

- 3/4 lb extra lean ground beef
- 1 whole onion
- 2 whole carrots
- 1 whole green or red pepper
- 3 cloves garlic
- 1 tsp grapeseed oil
- 1 tbsp Italian seasoning
- 1 tsp fennel seed, optional
- 1 can pumpkin
- 18 oz tomato sauce
- 1 can tomato paste
- 1 cup red wine, optional
- 1/2 cup flax seeds, ground

1. Brown meat and drain all fat through a strainer, run under hot water.

2. Grate onion, carrots, green pepper, and garlic.

3. Use the same pot and drizzle oil into it to cook onion, carrot and green pepper, add back ground beef. Stir in garlic, dried herbs and stir. Add pumpkin, tomato sauce and paste and simmer to heat through.

4. Add wine and allow to simmer 20 mins, best if over an hour. Stir in flax. THERESA ALBERT

Second suppers

Wrap in burritos; serve with taco chips and salsa and melt with cheese as nachos; add a can of pinto beans and 1 tbsp of chili powder, serve with roasted vegetables as chili.

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Rangers' rage

New York scores five in the third to rally past Wild

Anthony Duclair scored his first NHL goal with 3:48 remaining, and Mats Zuccarello put the Rangers ahead 37 seconds later as New York stormed back from a three-goal deficit by scoring five times in the third period to stun the Minnesota Wild 5-4 Monday night.

The Wild appeared to be in complete control when they carried a 3-0 lead into the third and held a 24-8 shots advantage, but Darcy Kuemper — who had allowed only four goals this season — was rocked for five in less than a period.

The 19-year-old Duclair, playing his seventh NHL game, got the Rangers back within a goal, setting up Zuccarello's winner.

THE ASSOCIATED PRESS

NHL

Kane back on Jets practice duty

Forward Evander Kane skated with his teammates for the first time Monday since suffering a knee injury in the Winnipeg Jets' season opener but hasn't been cleared for contact.

"Evander's back skating non-contact and he'll continue in that sweater until we get clearance from a doctor," said coach Paul Maurice.

Kane said his injury is coming along.

"They've been giving me some great treatment and my body's really responded well," said Kane. "I've been lucky ... hopefully (I'll) get back as quickly as possible."

THE CANADIAN PRESS

Ready to play, even on cobblestones

2015 World Cup. Team Canada's players say they want no part in the turf-grass controversy with FIFA

Sophie Schmidt, centre, is congratulated by teammates after scoring against Germany during a friendly game at BC Place in June, in Vancouver, where the pitch is artificial turf. JEFF VINNICK/BONGARTS/GETTY IMAGES

Canada's women's soccer team is refusing to get involved in the turf war surrounding the 2015 Women's World Cup.

Earlier this month, a coalition of international star players, including Abby Wambach of the U.S. and Marta of Brazil, filed legal action with the Ontario Human Rights Tribunal seeking to have games played on natural grass rather than artificial turf.

The women allege discrimination, arguing that men would never play their World Cup on artificial grass.

"Honestly, it personally doesn't affect me, and I don't think it affects anyone on the team," veteran Canadian striker Melissa Tancredi said Monday. "I know that we have something special here, and all that external stuff is happening, and that's fine.

"It has nothing to do with us. We just know that we're here to perform. Whatever surface you give us, we're going to perform."

Tancredi made the comments as the Canadian women's side prepared to meet Japan in an international friendly Tuesday on artificial turf at B.C. Place Stadium in Vancouver. The game serves as part of preparations for the 2015 Women's World Cup that Canada will host next summer.

"I think it's personal preference and people being angry and having different agendas — and that has nothing to do with what we stand for," said Tancredi. "I don't want to get involved. I don't think any of us want to get involved."

The Canadian Soccer Association and FIFA, the sport's world governing body, have refused to budge on the issue.

"Everyone would love to play on grass, but it's not our focus," said Canadian captain Christine Sinclair. "We'll let other people worry about the surface, and we'll prepare for the tournament. As a Canadian, it's an honour to have the World Cup in Canada and we want to do well in it."

Lawyers for the women say temporary grass surfaces at stadiums in Vancouver, Edmonton, Winnipeg, Ottawa, Montreal and Moncton would cost $2 million to $3 million at most.

Sinclair said she is not in a position to judge.

"I have no idea," she said. "All we know is that the World Cup was given to Canada on the basis of it being (played) on turf — and we're preparing for such." THE CANADIAN PRESS

You get the hang of it

"I think it's something that your body gets used to, adapts to ... If you're not used to playing on it, the body can take a bit of a battering."

Vancouver Whitecaps' Irish international defender Andy O'Brien, who played more than 300 games in the English Premier League.

Royals in the safe hands of a 23-year-old

Rookie Yordano Ventura of the Kansas City Royals during Game 2 of the 2014 World Series last Wednesday in Kansas City, Mo. GETTY IMAGES

The Royals turn to a 23-year-old rookie to save their season, but not just any 23-year-old rookie: the hardest-throwing starting pitcher in the major leagues.

Yordano Ventura gets the ball Tuesday night with the Royals trailing 3-2 in the World Series, the same position they were in when they sent Charlie Leibrandt to the mound against St. Louis 29 years ago. Kansas City won 2-1 that night on pinch-hitter Dane Iorg's two-run single in the ninth after a blown call by first base umpire Don Denkinger, and the Royals went on to blow out the Cardinals 11-0 a day later for their only title.

"We have a lot of confidence in Ventura. We have confidence that we will win every time he takes the mound," Royals first baseman Eric Hosmer said. "We know we can do it. We're a confident group. But we can't do anything without winning Game 6. We're excited to get back home, where we feed off the fans and that energy."

In a matchup of Game 2 starters, the Giants go with 33-year-old Jake Peavy.

"He's one of the toughest guys out there on the mound," Giants third baseman Pablo Sandoval said. "He wants to finish it Tuesday."

The second all-wild card World Series has followed the pattern of the first in 2002. The Giants won the opener on the road, lost the next two games and won two in a row to take a 3-2 lead. San Francisco opened a 5-0 lead in Game 6 at Anaheim but lost 6-5, and the Angels won Game 7 the following night. THE ASSOCIATED PRESS

4 SPORTS

Bombers coach focused until the end

CFL. O'Shea says he won't look back on season until after finale against Stamps

He hasn't done a post-mortem on the entire season yet, but Winnipeg Blue Bombers coach Mike O'Shea confirms quarterback Drew Willy was the author of at least part of his own misfortune Saturday.

The rookie starting quarterback was sacked an offence-crippling 10 times in a 28-23 loss to the B.C. Lions that killed Winnipeg's playoff hopes.

"It was spread around the offence," O'Shea said of the mistakes that opened Willy to so many sacks. "As Drew said in his post-game, he hung onto the ball a little bit longer than he wanted to. When we watched the film there was certainly evidence of that."

O'Shea didn't overtly criticize his starter; in fact, he praised him for recognizing what went wrong, but the coach said he will examine the season as a whole once it is finally over.

QBs crunched

70

Sacks aren't a new problem for the Bombers. They've allowed a league-worst 70.

"It's not fair to the guys that are in playing for me to be thinking about that," he said.

"I've asked them to eliminate all distractions from this point forward and focus on Calgary, so if their head coach isn't going to do the same, we're not going to have good direction."

Willy will be starting in Calgary (14-2) Saturday when the Bombers (7-10) bring the curtain down on another disappointing year.

THE CANADIAN PRESS

David Menard of the Lions sacked Blue Bombers QB Drew Willy on Saturday in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

NFL

Ryan names Vick as Jets' starting QB over Smith

It's Michael Vick's turn. Even though it's probably too late to save the New York Jets' season.

Rex Ryan announced Monday that Vick will start at quarterback over Geno Smith in the Jets' road game against the Kansas City Chiefs on Sunday.

"I think this is the right decision at this time," Ryan said, adding that it isn't "any long-term deal or whatever."

The Jets are mired in a seven-game skid that has them at 1-7 after a 43-23 loss in which both Smith and Vick turned the ball over three times against the Buffalo Bills on Sunday.

"I think it's a great opportunity," the 34-year-old Vick said. "Any time you get named to be the starter, in any profession, in professional sports, it's a great thing. You have to relish it, but also at the same time take it extremely serious and understand what's at stake and what needs to be done."

THE ASSOCIATED PRESS

Choosing the program that's right for you is a big decision. That's why SAIT Polytechnic offers information sessions – your golden opportunity to discover your program options, ask questions, and sometimes, tour our campus.
Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca. Here are just a few we're offering this month:

AVIATION CAREERS

Do you love aviation? Do you want to turn your passion into a career? If so, one of these programs may be right for you:

- Aircraft Structures Technician
- Avionics Technology
- Aircraft Maintenance Engineers Technology

Join us Tuesday, October 28 at 6:30 pm at the Art Smith Aero Centre - 1916 McCall Landing NE.
Call 403.284.7018 or Email aerocentre@sait.ca to confirm your attendance and for more information.

SCHOOL OF MANUFACTURING AND AUTOMATION

High-demand careers require hands-on education. Blending theory with practical, employable skills, our programs are designed to get you into the workforce quickly. Attend a FREE information session to find out about our technician, pre-employment, apprentice and technology programs in natural gas compression, non-destructive testing, machining, electrical, welding and more.

Join us on Tuesday, October 28 at 6:30 pm in the Irene Lewis Atrium in the Stan Gran Centre.
Call 403.284.8641 or Email ma.info@sait.ca to confirm your attendance or for more information.

AUTOMOTIVE CAREERS

If you have a passion for cars and want a career in the automotive industry, one of these sessions is right for you:

- Automotive Service Technology
- Business Administration - Automotive Management

Join us Wednesday, October 29 at 6:30 pm in the Clayton Carroll Automotive Centre.
Call 403.284.8471 or Email transportation.info@sait.ca to confirm your attendance and for more information.

SAIT POLYTECHNIC

MLB

Jays part ways with hitting coach

Hitting coach Kevin Seitzer has left the Toronto Blue Jays for the Atlanta Braves.

The Jays only said they were unable to come to terms on a contract with Seitzer, who was appointed Oct. 31, 2013. But the Braves made it official Monday, announcing Seitzer is replacing Greg Walker as their hitting coach.

Seitzer said he didn't receive a 2015 contract offer from the Jays until "maybe a week ago." He said he received permission to call the Braves when he couldn't reach a financial agreement with Toronto.

The 52-year-old Seitzer, who has also served as hitting coach for the Royals and Diamondbacks, becomes the Braves' fourth hitting coach in six seasons.

The Jays are bringing back bench coach DeMarlo Hale, pitching coach Pete Walker, first-base coach Tim Leiper and third-base coach Luis Rivera to work under manager John Gibbons.

THE CANADIAN PRESS

NHL. Scott banned two games for role in fight

San Jose Sharks forward John Scott has been suspended two games for his role in a fight with Anaheim's Tim Jackman.

Scott came off the bench Sunday on a legal line change and immediately engaged Jackman in a fight. Scott made no effort to play the puck after stepping on the ice and league rules say a player can be disciplined if his purpose for coming onto the ice is to start a fight. THE ASSOCIATED PRESS

John Scott GETTY IMAGES

Figure skating. Reynolds pulls out of competitions

Kevin Reynolds has withdrawn from this week's Skate Canada International in Ottawa as he continues to struggle with ill-fitting skates.

The native of Coquitlam, B.C., has had injury and equipment issues since last season.

Reynolds, 24, is also pulling out of the NHK Trophy event in Japan in late November. THE ASSOCIATED PRESS

Kevin Reynolds GETTY IMAGES

Mookie Blaylock. Former all-star sentenced to jail

Former NBA all-star Daron (Mookie) Blaylock was ordered to spend three years of a 15-year sentence behind bars after he pleaded guilty in a car crash that killed a woman in Georgia.

His attorney, Amanda Palmer, tells the Atlanta Journal-Constitution that Blaylock agreed Monday to a plea deal on a vehicular homicide charge. The 15-year sentence breaks down to seven years in prison, with four suspended, and probation for eight.

Monica Murphy, 43, died in the May 2013 head-on crash. Blaylock's attorneys have said a medical condition caused the ex-player to black out on the road and no alcohol was found in his system.

Palmer says the deal calls for Blaylock to serve 1,500 hours of community service and seek treatment for alcoholism. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will know without understanding how you know when others are lying today. Act on your instincts when the alarm bells start to ring.

♉ Taurus
April 21 - May 21
Give yourself plenty of time to do the things that you want to do. The more others try to pin you down to plans that are not of your choosing the more loudly you should say "no".

♊ Gemini
May 22 - June 21
You will find out things about a friend or colleague that you had not even guessed at. Seems they have hidden depths — just like you.

♋ Cancer
June 22 - July 23
Refuse to settle for the same old way of doing things. Something you see or hear will make you realize there are many ways you can make life more interesting.

♌ Leo
July 24 - Aug. 23
A sudden insight into a money issue will convince you there is nothing to get worked up about. But others won't be so lucky. Do what you can to calm them down.

♍ Virgo
Aug. 24 - Sept. 23
Whatever else you do today don't get caught up in petty arguments — save your energy and passion for the really important things.

♎ Libra
Sept. 24 - Oct. 23
You must find ways to balance your head and your heart. If your inner voice urges you to be cautious, don't you dare ignore it.

♏ Scorpio
Oct. 24 - Nov. 22
A project you were once keen on is clearly not going to go any further so the sensible thing to do is to junk it altogether. Learn what you can from it and move on.

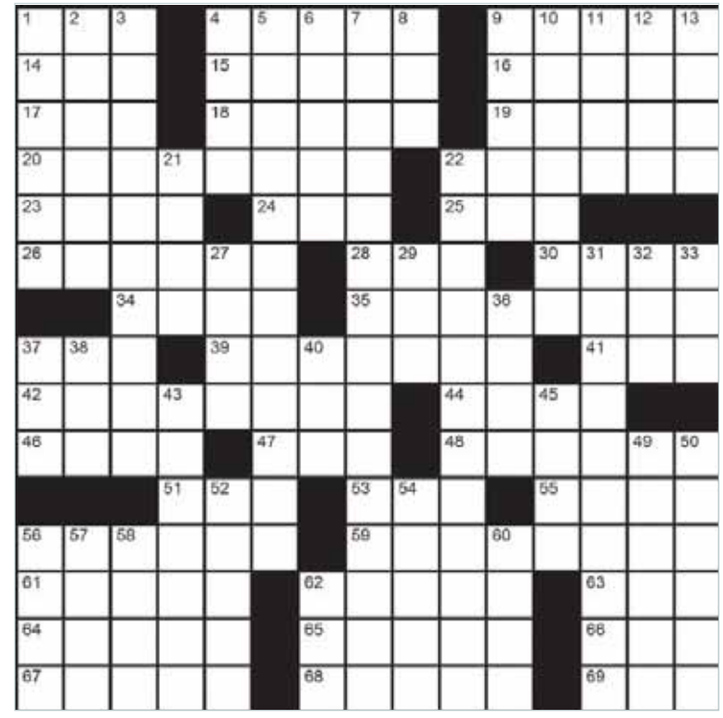
♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate you can be a force for good over the next few days. How? By acting according to your highest principles.

♑ Capricorn
Dec. 22 - Jan. 20
You must deliver on a promise you made a while ago, even if it means you have to change your plans. Your reputation could nosedive if you fail to deliver.

♒ Aquarius
Jan. 21 - Feb. 19
Just because you failed to reach a target does not mean you are a failure. Pick yourself up, dust yourself down and try again.

♓ Pisces
Feb. 20 - March 20
Don't worry too much about how you are going to do what has to be done, just greet the day with a smile and let your intuition guide you.

Crossword: Canada Across and Down by Kelly Ann Buchanan



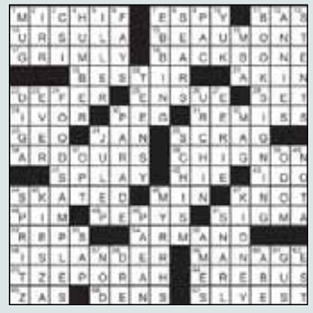
Across

1. "Chicago Fire" station
4. Instants
9. Athletic trivia
14. Songstress Rita
15. Many ___ ago...
16. "The Color Purple" (1985) character
17. Rocky hill
18. Sorrow
19. Mr. Sharif's
20. "Oh, never mind then.": 2 wds.
22. Printers make them
23. Sony co-founder Mr. Morita
24. Goblin's head?
25. Pre-Nixon Pres.
26. Callum Keith __, Canadian actor
28. Camel hair garment
30. Auctions: "Going __..."
34. Will of "The Waltons"
35. Easy-going
37. Illuminated
39. Notoriety
41. "La __ en Rose" by Edith Piaf
42. People from Halifax's province, Nova __
44. Ms. Hatcher
46. Mylene __-Robic, Canadian actress
47. Pre-U queue
48. Stature
51. East: German
53. Peer Gynt's mother
55. "Dynamite" by __ Cruz
56. Comfy fireplace feeling
59. Eddie Murphy's movie Dr. role
61. Sprang up
62. Songstress Ms. Simone's
63. Cousin on "The Addams Family"
64. Crouch
65. Ancient attractions
66. Q. "Does 'B' come first?" A. "__, '_' does."
67. Church songs
68. Brazilian author, Jorge __
69. Economic fig.

Down

1. Fairly close: 2 wds.
2. Ms. Shields
3. Adam __, #43-Down's character on '80s soap "Dynasty"
4. B.C.-mined stone
5. "One More Astronaut" band: 3 wds.
6. Fancy-sounding manuscript
7. Investors Group Field, for the Winnipeg Blue Bombers: 2 wds.
8. Grad-to-be, briefly
9. Shaggy's dog, for short
10. Gig from a placement agency.: 2 wds.
11. Jai's pal
12. Michelin product
13. Legis. meeting
21. GWTW part
22. Be an explorer in early Canada, discover some new place, do this for your King: 3 wds.
27. Yesterday, in Italy
29. Sheep's call
31. The Oil Man and the Sea: __ the Northern Gateway (2014 Governor General's Literary Awards finalist)
32. Nero's 201
33. Just manage, __ out
36. Music: __-Lite
37. Psychedelic drug
38. Here: French
40. Belonging to a Canuck train co.
43. Ottawa-born actor, Gordon __
45. "Hud" (1963) director Martin
49. Hotels name
50. Dancer's move
52. Instructions increments
54. Ms. Braga
56. Launder
57. Creative
58. Space
60. "This __ __ sudden!"
62. Firearms org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Conceptis Sudoku By Dave Green

9		8						
	4		6			3		
2				7			8	
	3			6	2			
		7	3	4	1	8		
			7	8			1	
	5			9				6
		2			5		4	
						1		8

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Yesterday's Sudoku

9	6	8	2	5	3	4	7	1
7	4	5	6	1	8	3	2	9
2	1	3	9	7	4	6	8	5
8	3	1	5	6	2	7	9	4
5	9	7	3	4	1	8	6	2
4	2	6	7	8	9	5	1	3
1	5	4	8	9	7	2	3	6
6	8	2	1	3	5	9	4	7
3	7	9	4	2	6	1	5	8

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LEGACY Timeless Living

19 Legacy Close SE

$434,900* incl. GST & GST

$1,948/mo.

INSPIRE LC - A great 1599 sq.ft. 3 bedroom home with 2.5 bathrooms, a bonus room, and a large central great room. It's spacious kitchen with built-in stainless steel appliances, large island, and eating bar make this home the perfect space for entertaining. Situated in picturesque Legacy, this house is just a short jaunt away from shopping, pathways, and amenities.

Chaparral Valley

100 Chaparral Valley Crescent SE

$439,900* incl. GST & GST

$1,954/mo.

INSPIRE C - Literally steps away from pathways leading to Fish Creek Park, with absolutely beautiful views from the master bedroom and dining room, this 1566 sq. ft. semi-detached home has an incredible location and boasts a unique floor plan with a formal dining room, four piece ensuite, and oversized porch. Luxury finishings include hardwood and tile, stainless steel appliances, mosaic backsplash and designer lighting package.

Riversong

134 River Heights Green, Cochrane

$409,900* incl. GST & GST

$1,821/mo.

EXUD D - This beautiful 1657 sq.ft. home boasts ample space for both living and entertaining. The kitchen is complete with pantry and flush eating bar for more sitting room. The upper floor is complete with 3 bedrooms, a large bonus room, upstairs laundry, and a four piece ensuite. Hardwood and tile throughout as well as included stainless steel appliances.

221 Auburn Meadows Boulevard SE

$539,900* incl. GST & GST

$2,398/mo.

CODA T - This charming double front attached garage home features a beautiful side deck with screen and lattice. The main level has a spacious rear great room with fireplace and a galley style kitchen that looks out onto the side deck. Upstairs the owner's suite is located in the back complete with walk-in-closet and ensuite. Bedrooms 2 and 3 are located in the front with another full bathroom and laundry room. This 1890 sq. ft. home includes stainless steel appliances, laminate on the main level, tile in all bathrooms, front and rear entry.

Chaparral Valley

96 Chaparral Valley Crescent SE

$419,900* incl. GST & GST

$1,865/mo.

NUVIS C - This home is perfect for new families and entertainers, offering a large great room, 3 bedrooms, upper level laundry, and 2 ½ bathrooms. An enveloping kitchen layout means no shortage of storage, while large windows int he great room fills the space with light. Seconds away from pathways leading into Fish Creek Park, this home is located on a quiet street close to playgrounds and basketball courts.

Riversong

162 River Heights Crescent, Cochrane

$399,900* incl. GST & GST

$1,777/mo.

VITA N - This semi-detached bungalow in scenic Riversong is an ideal home for couples without kids, or for those empty nesters looking to settle into the lap of luxury. With stainless steel appliances, a main floor laundry option, and raised ceilings in the spacious great room and owners' suite, as well as a developed basement with a second bedroom and rec room, this home is all you'll need to enjoy life in Cochrane.

LEGACY Timeless Living

102 Legacy Close SE

$419,900* incl. GST & GST

$1,865/mo.

SIGMA LB - Great curb appeal! This 1368 sqft home boasts 3 bedrooms, 2 1/2 baths, and a rear deck. With laminate floors, stainless steel appliances, and granite countertops this home is loaded with high quality finishings.

Riversong

29 River Heights Link, Cochrane

$329,900* incl. GST & GST

$1,465/mo.

PEAK - The 1440 sqft, open concept Peak townhouse in Riversong is perfect for new families, with 3 bredrooms, 2 1/2 bathrooms, and ample closet space. The charming colonial style exterior is eye catching, and the abundance of windows means the space is filled with natural light.

Chaparral Valley
284 Chaparral Valley Mews SE
403.457.1109
cvalley@jayman.com

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